APRIL/MAY 2024

CABT22/FABT22 — FOOD AND NUTRITION

Time : Three hours Maximum : 75 marks

SECTION A — (10 × 2 = 20 marks)

Answer ALL questions.

1. Define balanced diet.
2. Show the importance of food.
3. Recall the different classes of carbohydrates.
4. Explain the term-nutritional status.
5. What are proteins?
6. Explain the nutritional value of protein.
7. List out the various units of energy.
8. Explain BMR.
9. Give the symptoms of Vitamin-A.
10. Summarize the deficiency symptoms of Vitamin B12.

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SECTION B — (5 × 5 = 25 marks)

Answer ALL questions.

11. (a) Identify the uses of food guide pyramid.

Or

(b) List the various functions of food.

12. (a) Identify the functions of carbohydrates.

Or

(b) Examine the steps and the enzymes involved in the digestion and absorption of carbohydrates.

13. (a) Identify the digestion and absorption of proteins.

Or

(b) Examine the source and functions of essential fatty acids.

14. (a) Identify the parts of a Benedict's oxy calorimeter with a neat diagram.

Or

(b) Explain the various factors affecting BMR.

15. (a) Organise the sources, daily requirements, functions and deficiency conditions of Vitamin D.

Or

(b) Examine the sources, daily requirements, functions and deficiency conditions of Vitamin A.

SECTION C — (3 × 10 = 30 marks)

Answer any THREE questions.

16. Explain the terms food, nutrition, nutritional status and classify food into five basic groups.

17. Discuss about the types of fibre and its role in health.

18. Evaluate the sources, daily requirements, functions and deficiency conditions of protein.

19. Elaborate on BMR and factors affecting BMR.

20. Compile the sources, daily requirements, functions and deficiency conditions of any Vitamin C.

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